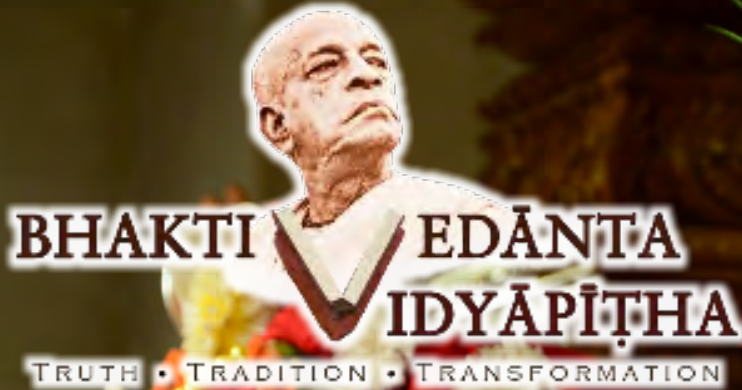


# Srimad Bhagavatam Canto 3 Chapter 28

## 3.28 Execution of Devotional Service



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- ◆ 1-12: Limbs of astanga yoga
- ◆ 13-18: Lord's form for dharana
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- ◆ 39-44: Thought process of yogi



**Teachings of  
Lord Kapila  
to Devahūti  
(3.25-33)**

**At a glance**

**Q1.** Please dispel my  
illusion. (3.25.7-11)

**A1 (3.25.12-27):** Ādhyātmika yoga (Sāṅkhya, Yoga, Bhakti)  
Superiority of Bhakti. Characteristics of a devotee.

**Q2.** Bhakti to attain  
You easily (3.25.28)

**A2 (3.25.31-44):** Bhakti beyond modes (bhāva-bhakti).  
If not qualified, Vaidhi sādhana bhakti.

**Q3.** Processes of  
jñāna (3.25.29)

**A3 (3.26-27):** 3.26: Sāṅkhya – characteristics of prakṛi, puruṣa  
and elements, Kārya Sṛṣṭi, Virāṭ Rūpa. 3.27: Jīva in conditioned  
state, Attaining liberation

**Q4.** Processes of  
yoga (3.25.29)

**A4 (3.28):** Limbs of aṣṭāṅga-yoga, Description of Lord's form for  
dhāraṇa and dhyāna.

**Q5.** Path of Bhakti in  
detail (3.29.1)

**A5 (3.29):** Various classes of bhakti, characteristics of pure  
bhakti, aṅgas of bhakti, dangers of offences.

**Q6.** Nature of time  
(3.29.4)

**A6 (3.29.38-45):** Characteristics of time

**Q7.** Continual birth  
and death of jīvas  
(3.29.3)

**A7 (3.30-32):** 3.30: The pains in youth, old age, death and hell  
of materially attached persons. 3.31: The pains in the womb, at  
birth, as an infant, and as a child. Prayers of jīva within womb.  
3.32: Criticism of sakāma karma and superiority of bhakti-yoga.

# 1-12: Limbs of Astanga Yoga

## 12-16: Understanding the process of yoga and Super-soul

- **1.** I will describe bhakti misra astanga yoga
- **2-4:** Yama & Niyama –
  - Refer BS p.173.
- **5-6:** Asana, Pranayama, pratyahara, Dharana, Dhyana, Samadhi –
  - Refer BS p.173
- **7.** By these processes control mind & fix it on the Lord
- **8.** Requirements for Asana – Seat, sitting postures. etc





# 1-12: Limbs of Astanga Yoga and Super-soul

- **9-10:** Mind control through pranayama
- **9.** Inhale –Hold –Exhale –Reverse
- **10.** Very soon mind becomes pure
- **11. Pranayama** – Destroys dosas
- **-Dharana-** destroys sins
- **-Pratyahara** – frees from material association.
- **-Dhyana** –Frees from modes
- **12.** Meditate on Lord by focusing at tip of nose





# 13-18: Description of Lord's form for performing Dharana

## DHARANA

13

prasanna-vadanāmbhojaṁ  
padma-garbhāruṇekṣaṇam  
nīlotpala-dala-śyāmaṁ  
śaṅkha-cakra-gadā-dharam





14

lasat-paṅkaja-kiṅjalka-  
pīta-kaūśeya-vāsasam  
śrīvatsa-vakṣasam bhrājat  
kaustubhāmukta-kandharam

DHARANA





15

matta-dvirepha-kalayā  
parītaṁ vana-mālayā  
parārdhya-hāra-valaya-  
kirīṭāṅga-nūpuram

DHARANA





16

DHARANA

kāñcī-guṇollasac-chronim  
hrdayāmbhoja-viṣṭaram  
darśanīyatamam śāntam  
mano-nayana-vardhanam







DHARANA

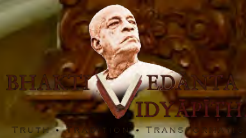
17

apīcya-darśanam śaśvat  
sarva-loka-namaskṛtam  
santam vayasi kaiśore  
bhṛtyānugraha-kātaram



DHARANA

18. kīrtanya-tīrtha-yaśasam  
punya-śloka-yaśaskaram  
dhyāyed devam samagrāṅgam  
yāvan na cyavate manah





- 19: With heart filled with pure emotions, one should meditate on the pastimes of the Lord in the spiritual world (Dhyana).
- 20: Then fix the mind on each individual limb of the Lord.

**DHARANA**



DHYANA

LOTUS FEET

21. sañcintayed bhagavataś caraṇāravindam  
vajrāṅkuśa-dhvaja-saroruha-lāñchanādhyam  
uttuṅga-rakta-vilasan-nakha-cakravāla  
jyotsnābhirāhata-mahad-dhṛdayāndhakāram





22. yac-chauca-niṣṛta-sarit-pravarodakena  
tīrthena mūrdhny adhikṛtena śivaḥ śivo 'bhūt  
dhyātur manah-śamala-śaila-nisṛṣṭa-vajraṁ  
dhyāyec ciraṁ bhagavataś caraṇāravindam

DHYANA

LOTUS FEET





## LOTUS FEET

One should meditate continually upon the Lord's lotus feet, the water washing which, the Ganga, flows and makes the auspicious Lord Siva, who holds this Ganga on his head, more auspicious. The Lotus feet acts as thunderbolt) which is released amongst mountain of sins in the meditator's mind.

## DHYANA





DHYANA

CALVES



23. jānu-dvayaṁ-jalaja-locanayā jananyā  
lakṣmyākhilasya sura-vanditayā vidhātuḥ  
ūrvor nidhāya kara-pallava-rociṣā yat  
saṁlālitaṁ hr̥di vibhor abhavasya kuryāt



DHYANA

THIGHS & HIPS

24. ūrū suparṇa-bhujayor adhi śobhamānāv  
ojo-nidhī atasikā-kusumāvabhāsau  
vyālambi-pīta-vara-vāsasi vartamāna  
kāñcī-kalāpa-parirambhi nitamba-bimbam





DHYANA

NAVEL & NIPPLES

25. nābhi-hradam̐ bhuvana-  
kośa-guhodara-stham̐  
yatrātma-yoni-dhiṣaṇā  
khila-loka-padman  
vyūḍham̐ harin-maṇi-  
vr̥ṣa-stanayor amuṣya  
dhyāyed dvayam̐ viśada-  
hāra-mayūkha-gauram



BHAKTI  
EDITION  
IDYAPITHA





26. vakṣo 'dhivāsam ṛṣabhasya  
mahā-vibhūteh  
puṁsām mano-nayana-nirvṛtim  
ādadhānam  
kaṇṭham ca kaustubha-maṇer  
adhibhūṣaṇārtham  
kuryān manasy akhila-loka-  
namaskṛtasya

DHYANA

CHEST & NECK



27. bāhūmś ca mandara-gireḥ  
parivartanena  
nirṇikta-bāhu-valayān  
adhiloka-pālān  
sañcintayed daśa-śatāram  
asahya-tejaḥ  
śaṅkhaṁ ca tat-kara-  
saroruha-rāja-hamsam

DHYANA

ARMS



DHYANA

KAUMODAKI,  
MALA, MANI

28. kaumodakīm bhagavato  
dayitām smareta  
digdhām arāti-bhaṭa-  
śoṇita-kardamena  
mālām madhuvrata-  
varūtha-giropaghuṣṭām  
caityasya tattvam amalām  
maṇim asya kaṇṭhe







DHYANA

LOTUS FACE

## COMPASSIONATE DESCENTS!

29

bhr̥tyānukampita-dhiyeha gr̥hīta-mūrteḥ  
sañcintayed bhagavato vadanāravindam  
yad visphuran-makara-kunḍala-valgiteṇa  
vidyotitāmala-kapolam udāra-nāsam



30

yac chrī-niketam alibhiḥ  
parisevyamānaṁ  
bhūtyā svayā kuṭila-kuntala-  
vr̥nda-juṣṭam  
mīna-dvayāśrayam  
adhikṣipad abja-netraṁ  
dhyāyen manomayam  
atandrita ullasad-bhru

DHYANA

LOTUS FACE







DHYANA

EYES & GLANCE

31. tasyāvalokam adhikam kṛpayātighora  
tāpa-trayopaśamanāya nīrṣṭam akṣṇoḥ  
snigdha-smitānugūṇitaṁ vipula-prasādaṁ  
dhyāyec ciraṁ vipula-bhāvanayā guhāyām





32. hāsaṁ harer avanat  
ākhila-loka-tīvra  
śokāśru-sāgara-viśoṣaṇam  
atyudāram  
sammohanāya racitaṁ  
nija-māyayāsyā  
bhrū-maṇḍalam muni-kr̥te  
makara-dhvajasya



DHYANA

SMILE &  
EYEBROWS



DHYANA

LAUGHTER

33.  
dhyānāyanam prahasitam  
bahulādharoṣṭha  
bhāsāruṇāyita-tanu-dvija-  
kunda-paṅkti  
dhyāyet svadeha-kuhare  
'vasitasya viṣṇor  
bhaktyārdrayārpita-manā na  
pṛthag didṛkṣet





## 12 34-38: Liberation & state of mind of yogier-soul

- 34. Yogi develops love of god
- 35. Mind detached from material conytamination
- 36. Yogi realizes relationship with Lord
- 37. Achieves his real identity
- 38. Lord takes charge of his body





## 39-42: Understanding of Yogi

**39.** Understands himself different from body

**40-41:** Bhagavan is different from jiva

**42.** Seeing supersoul in all & all in supersoul

**43.** Pure spirit soul manifests in different bodies

**44.** After conquering maya yogi is self realised

